



HEALTH PROMOTION AND EDUCATION SERVICES  
351 North Mt. View Avenue, Second Floor, San Bernardino, CA 92415-0010  
(909) 387-6280 • (800) 782-4264 • TDD (909) 387-6359 • Fax (909) 387-0102

MARGARET D. SMITH  
Interim Public Health Director

PAULA MEARES-CONRAD  
Interim Assistant Director of Public Health

MARGARET BEED, MD  
Health Officer

Contact: Margaret Beed, M.D.,  
Health Officer  
909-387-6218

October 23, 2007  
NR# 08-23

## **FOR IMMEDIATE RELEASE**

### **PROTECT CHILDREN FROM WILDFIRE SMOKE**

**San Bernardino** – Margaret Beed, M.D., San Bernardino County Public Health Officer, reminds all residents in the smoke areas to stay indoors and limit unnecessary activity. Smoky conditions can be harmful for young children, the elderly, and people with heart conditions or chronic lung disease such as asthma and bronchitis, or other respiratory illnesses. Anyone sensitive to smoke should stay inside and avoid prolonged or heavy work. Beed today advised schools and parents in the areas affected by wildfire smoke to limit outdoor activity, especially sports like soccer, baseball, football, swimming, and track. Keep windows closed as much as possible and use your home's air conditioning to help filter the air. Change the air filter after the smoke clears.

Parents and schools should watch children for signs they are having trouble breathing, said Beed. If symptoms like coughing and wheezing appear, bring children indoors and consult with their regular physician. Warn children not to play in soot or ash piles outside. These materials can hurt the lungs, especially if a child has asthma. Parents can limit the amount of ash and dust tracked into the home by leaving shoes outside. Have children shower before bedtime if they spend time outdoors during the day. Thoroughly wash fruits or vegetables from the garden to clean off any residue. Keep pets indoors as much as possible. If the pet has been outside, bathe it before allowing it back in the home.

-More-

Page 1 of 2

MARK UFFER  
County Administrative Officer

Board of Supervisors  
BRAD MITZELFELT.....First District      DENNIS HANSBERGER.....Third District  
PAUL BIANE.....Second District      GARY C. OVITT.....Fourth District  
JOSIE GONZALES.....Fifth District

If damage to your home or property requires the clean-up of soot and ash, wear a protective mask to avoid inhaling the debris. Talk to a physician if anyone in your family develops health problems from breathing smoky air or from other aspects of the wildfires.

Be careful not to leave a child or pet alone in a car with the windows and doors closed, especially in hot weather.

Visit the Department of Public Health website for local health information at [www.sbcounty.gov/dph](http://www.sbcounty.gov/dph) . For additional information about wildfire health and safety, go to the U.S. Centers for Disease Control and Prevention website at: <http://www.bt.cdc.gov/disasters/wildfires/> .

###